

Frisbee



A flying disc (also called a Frisbee or simply a disc) is a gliding toy or sporting item that is generally made of injection-molded plastic and roughly 8 to 10 inches (20 to 25 cm) in diameter with a pronounced lip. It is used recreationally and competitively for throwing and catching, as in flying disc games. The shape of the disc is an airfoil in cross-section which allows it to fly by reducing the drag and increasing lift as it moves through the air, compared to a flat plate. Spinning the disc imparts a stabilizing gyroscopic force, allowing it to be both aimed with accuracy and thrown for distance.

Sport coaching usually provides this sport in afterschool clubs and is called ultimate frisbee in our sports section.